

Subject:

Diabetes

Study Conducted: Country: Institution:

China

Foot Massage Clinic of Linqing City

Citation:

Wang, H., "Foot Reflexo-therapy in Diabetes and Diabetic Complications--Report of 215 Cases." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 26-28.

Synopsis:

215 cases with diabetes mellitus and diabetic complications were given 1-6 courses of foot reflexology. All cases had received long term care of hypoglycemics and had poorly controlled hyperglycemia and diabetic complications. Results: 130 cases had no symptoms and normoglycemic; 80 cases had mild symptoms and nearly normal blood/urine glucose; the remaining 5 cases remained unchanged.

Conclusion:

Foot reflexology was found to be effective in the relief of diabetes and complications associated with diabetes.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.